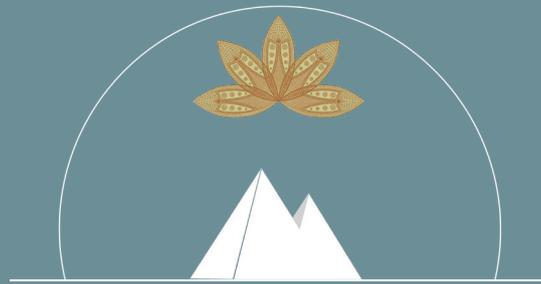


Raa Spa  POWERED BY **aideia**



Raa Spa POWERED BY avidea

RAA SPA powered by **avidea**
at Steigenberger Pure Lifestyle Resort
Yussif Afifi Road | Hurghada, Red Sea, Egypt
T +20 65 3465 440 | F +20 65 3465 410
info.avidea.spl.eg@avidea.de | www.avidea.de

Picture credits: © AdobeStock_20292246_WavebreakMediaMicro © AdobeStock_123418983_halayalex © AdobeStock_119206924_edwardderule © AdobeStock_158449280_alexklich © AdobeStock_178118880_JacobLund © AdobeStock_193304693_JacobLund © AdobeStock_213885134_iiievgeny © Fotolia_117265924_EmotionPhoto © Fotolia_254711882_merydolla © AdobeStock_119206924_edwardderule © Fotolia_126113638_Africa Studio © Fotolia_145045183_Africa Studio © Fotolia_90451840_karelnoppe © AdobeStock_10353679_bevisphoto © AdobeStock_170630988_Yakobchuk © AdobeStock_112035591_uwimages © Steigenberger Pure Lifestyle deniskomarov

Disclaimer: STEIGENBERGER PURE LIFE Resorts is not responsible for accuracy and reliability of the information mentioned on the provides materials, and does not bear any responsibility for SPA operations as it is managed by third party.

WELCOME

Dear Guests,

RAA SPA is powered by **avidea**

At **avidea**
we only care about you
and you, yourself.

You set your own pace.
Create your own rhythm.

Let happiness hormones flow through your body
with every movement of the therapist.

Your mind relaxes,
your body harmonizes.

Be happy!

Relax for hours,
and recharge your batteries to pause and regenerate.
Go back to your everyday life
full of energy, well-being and renewed freshness!

Feel relaxed, refreshed, simply beautiful.





RAA Spa is powered by **avidea**

- A German Franchise Brand for Spa & Leisure which is focused on state-of-the art treatments, warm atmosphere and ultimate spotlessness.

ABOUT AVIDEA

avidea stands for pure elation.
And for a new, hip spa generation with a special demand for beauty.
As well as valuable time.

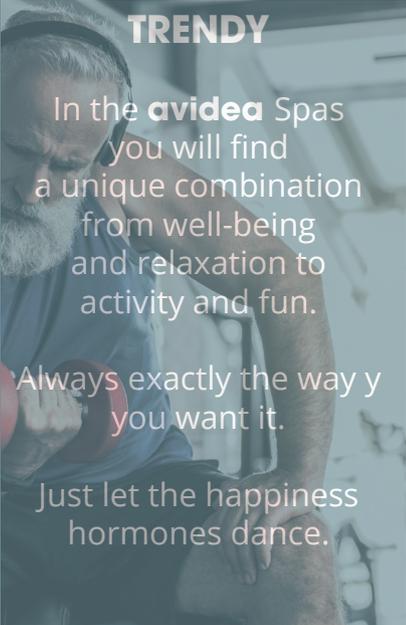
Time to relax, to regenerate or simply to activate
your own happiness hormones. Find your own rhythm again.

Be in the moment. At your own pace.

Highest well-being, relaxation, fun and activity.
Everything there in the Avidea Spas for your own personal retreat.

avidea: TRENDY. SWEET. LIVELY.

TRENDY



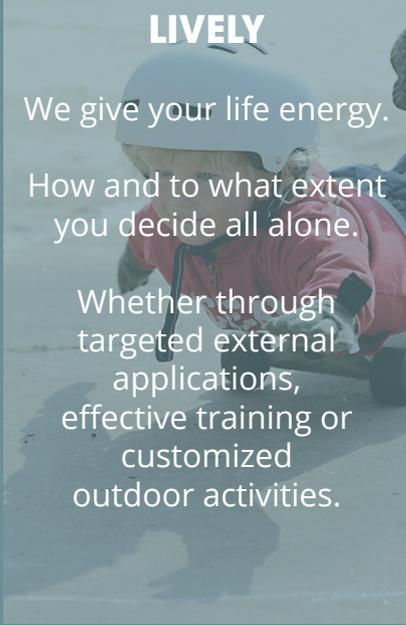
In the **avidea** Spas
you will find
a unique combination
from well-being
and relaxation to
activity and fun.
Always exactly the way y
ou want it.
Just let the happiness
hormones dance.

SWEET



Beauty and grace
in all areas.
Inner and outer beauty,
very individual.
Uniquely beautiful places,
the place for many
beautiful,
modern offerings
according to your
wishes.

LIVELY



We give your life energy.
How and to what extent
you decide all alone.
Whether through
targeted external
applications,
effective training or
customized
outdoor activities.

ELEMENTS



PAMPERING

Where energies flow again, fun is not far away. Experience the regenerating effect of a treatment. Experience massage techniques and beauty treatments that bring body and mind into a healthy balance.

**THE RESULT:
INNER PEACE AND FRESHNESS**



LIFESTYLE

You fancy a change of hairstyle or just a beautiful hands. From the manicure to the individual style consultation to the perfect haircut and the perfect color for your type.

**THE RESULT:
AN INDIVIDUAL RETREAT.**

RAA Spa powered by aidea

at **STEIGENBERGER PURE LIFESTYLE**

- 800 m²
- 4 Treatmentrooms
- Beauty-Salon
- Hammam
- Sauna
- Steambath
- Relaxing-Area
- Healthy-Juice-Bar





MENU



PAMPERING

Massages	10
Scrubs	14
Hamмам	17
Signature Treatments & Rituals	19



LIFESTYLE

Facials	20
Manicure	23
Pedicure	23
Hair	24

SPA ETIQUETTE	27
----------------------	-----------





MASSAGES

CLASSICAL MASSAGES

CLASSIC BACK MASSAGE

30 min

This massage promises to ease tired, strained muscles and stimulate blood circulation to deeply relax, calm and unwind the mind and body.

HEAD, NECK & SHOULDER MASSAGE

30 min

A resuscitating head, neck, and shoulder massage with therapeutic trigger techniques for releasing the muscle tension and to restore the mobility and the alignment of back and spine.

FOOT MASSAGE

30 min

A natural healing art based on the principle that there are reflexes in the feet which corresponds to every part, gland and organ of the body. Reflexology helps promote the natural function of the related areas of the body, promoting better health and reducing stress.

DEEP TISSUE MASSAGE

50 min

Excessive physical activity can cause deep muscular and joint distress. This massage helps to warm and relax the muscles and improve range of motion. deeply relaxing and calming; unwind the mind and body.

SWEDISH FULL BODY MASSAGE

50 min

It is the most frequently practiced form of massage and, with its combination of stroking and circular movements as well as kneading grips, it relaxes the deep muscles.

AROMATHERAPY MASSAGE

50 min

Highly concentrated essential plant oils are blended with massage oils to calm, revitalise and heal. The blends are applied topically to reduce toxins and optimise physical and mental wellbeing. During an aromatherapy massage, you inhale these essential oil molecules or absorb them through your skin to gain maximum healing properties elements.







MASSAGES

HOLISTIC BODY THERAPY

THAI TEMPLE FOOT & LEG MASSAGE - THE NUAD TAO

50 min

Immerse yourself in this deeply relaxing massage that starts with a calming coconut footbath and scrub. The foot reflex zones will be activated and the soothing massage techniques of the feet and lower legs will make you feel like you are walking on clouds as it brings harmony to your entire body.

THAI TEMPLE OIL MASSAGE

80 min

This traditional aromatherapy treatment originates from the ancient temples of Thailand. It uses the same "Sen" lines as Thai traditional massage combined with a blend of essential oils promoting total relaxation by relieving knots and tension throughout the body. It is especially helpful to minimize stress, fatigue, headaches and insomnia.

LOMI LOMI MASSAGE

80 min

Lomi Lomi, which means 'loving touch', is an ancient form of massage based on the ancient healing traditions of Hawaii. The rhythmic, fluid motions feel like gentle ocean waves, which give you a sense of connection and freedom. This massage works to release energy blockages.

RED SEA STONE MASSAGE

45 | 80 min

Stone Therapy concentrates on the use of warm volcanic stones incorporated into traditional massage. The deep, penetrating heat from the stone is used to massage the body, easing the pain and tension of aching muscles and creating a sense of well-being. A total bliss for your body, mind and spirit.

HERBAL COMPRESS THERAPY

45 | 90 min

Exotic herbs are tightly bound in fabric and heated. The warm bundles are then pressed over the body releasing the aroma and medicinal properties of the herbs. This massage is a combination of aroma oil and herbal compress therapy.



SCRUBS

SCRUBS

Scrubs thoroughly remove excess skin cells. The exfoliation activates the metabolism, drains and carries to detoxify the tissue. The skin appears refreshed, soft and smooth.

Choose from our collection of:

- **ARABIC COFFEE SCRUB**
30 min
- **SWEET COCONUT SCRUB**
30 min
- **RED SEA SALT SCRUB**
30 min







HAMMAM

HAMMAM EXPERIENCES

MYSTICAL ORIENTAL HAMMAM

90 min

A treatment experienced in the warmth of the Hammam. Your body is doused with warm water as a Tellak (hammam masseurs) exfoliates away impurities using a Kessa glove and black Moroccan soap, a cleansing soap made from crushed olives, olive oil and Eucalyptus.

TRADITIONAL OTHMANY HAMMAM

90 min

Hammam is an experience of the Turkish traditional treatments, which purifies the skin and releases all tension due to the heat of the hammam, combined with the purifying olive soap. Includes a relaxing foam massage and warm water cleansing.





SIGNATURE TREATMENTS

SIGNATURE TREATMENTS & RITUALS

CLEOPATRA RITUAL

90 min

The full body coconut scrub will remove impurities of the skin followed by a facial mud mask, relaxation time in the Jacuzzi and finishes with a 50-minute massage.

GODDESS ISIS TEMPLE MASSAGE

80 min

This holistic massage experience starts with a refreshing welcome foot bath and scrub ritual. It uses a combination of flowing, soothing, rhythmic and medium pressure movements on the specified areas of concern to relieve muscle tensions and to bring about a balanced, calm and serene state of being.

ORIENTAL CEREMONY

90 min

Gentle exfoliation with a cinnamon and ginger scrub, a warm wrap is applied to moisturise and tighten the skin, and is followed by a relaxing massage using essential oils to deeply nourish the skin.

ISIS & OSIRIS RETREAT

150 min

The ultimate couple's treatment in the deluxe VIP suite. The full body flower scrub will clean the skin of dead cells. We continue with a facial mask of your choice and a hand and foot salt scrub. A second full body scrub with honey and milk will nourish the skin with vitamins and leave it feeling soft and smooth. Your experience continues with a 50-minute massage of your choice and additional time in the VIP suite to enjoy the Jacuzzi or relax in the private steam or sauna room.

PHARAON MASSAGE

50 min

This is designed to provide deep relaxation of painful areas in your body, soothe tired muscles and stimulate the circulation. It helps to reduce tension, improves relaxation and promotes overall health and well-being.

COFFEE & CHOCOLATE EXPERIENCE

90 min

Facial chocolate mask and full body coffee scrub will stimulate the lymph and the flow of the blood system. This awakening aroma experience is completed with a 50-minute massage.

All Signature treatments & Spa body rituals include an initial visit to the sauna and steam room to prepare your body for the treatment and after the scrub, finish with a calm and relaxing experience in the Jacuzzi with a refreshing beverage.



FACIALS

COSMETIC TREATS

BASIC ORIENTAL FACIAL

60 min

It is traditional facial care for ladies consisting of full face threading, calming mask, gentle peeling and relaxing facial massage.

DEEP CLEANSING FACIAL

60 min

The full facial treatment starts with cleansing, exfoliating, and continues with ozone facial steam, which stimulates circulation, opens pores, softens and oxygenates the skin by moistening it and relaxing the tissues. Treatment continues with variety of steps of removing the excess sebum, oil, blockages, blackheads and whiteheads.

ANTI-AGING FACIAL

60 min

An anti-aging, contouring and firming facial designed to combat the visible signs of aging. Excellent for mature, dry and dehydrated skins. The result is instantaneous! Firmer, smoother and more glowing skin.

HYDRATING FACIAL

60 min

Perfect for tired, dehydrated skin, it will improve skin color, help to diminish fine lines and clarify dull complexions. Your skin will feel clean and revitalized, looking brighter and fresher. A gentle exfoliation allowing the skin to absorb nutrients more easily.

MEN'S FACIAL

60 min

Take a moment to indulge in a facial tailored specifically for men. Enjoy this refreshing experience as your skin is deeply cleansed, exfoliated and nourished.

TURKISH SHAVE

45 min

Turkish shave is a traditional face care for men consisted of threading, shaving, calming mask and relaxing facial massage.

ADD-ONS

EYELASH EXTENSION

40 min







MANICURE & PEDICURE

MANICURE

SPA MANICURE

30 min

All the necessities needed to revitalise and leave your hands and nails refreshed, and includes the nail polish application of your choice.

LUXURY SPA MANICURE

60 min

This indulgent hand treatment includes the luxurious added benefit of having heated mittens to soften skin and cuticles drenching the hands with moisture, and includes the nail polish application of your choice.

PEDICURE

SPA PEDICURE

30 min

This pampering pedicure only uses exclusive products from our pedicure range and includes hard skin removal, cuticle treatment, exfoliation, shaping mini massage and includes the nail polish application of your choice.

LUXURY PEDICURE

60 min

This ultimate spa experience pedicure uses exclusive products from our fabulous pedicure range includes the full works, cuticle treatment, exfoliation, shaping and customized callus reducing aha treatment, hydrating foot mask inserted in warm booties and a feature length leg and foot massage. Includes the nail polish application of your choice.

ADD-ONS

- **GEL LAC** 60 min
- **FRENCH GEL LAC** 60 min
- **GEL EXTENSION** 120 min
- **REFILL EXTEND NAILS** 60 min
- **REFILL FRENCH** 75 min
- **NAIL REPAIR** 15 min



HAIR

HAIR TREATMENTS

WASH & HAIR CUT

30 min

Treat yourself to a complete experience with a cleanse and cut. The hair and scalp are cleansed and conditioned, a scalp massage performed and haircut and finish carried out.

WASH AND BLOW

40 min

You will experience precision cutting and styling at its finest from our top stylists. This treatment offers a consultation, followed by a shampoo and conditioner incorporating a relaxing scalp massage. The treatment concludes with a hot towel infused with an aromatic scent.

HAIR COLOUR

60 - 90 min

Consult with our experienced team of stylists for the perfect colour to match your skin tone and personality.

KERATIN TREATMENT

180 - 300 min

It reinforces the internal structure of the hair and improves the condition by smoothing the cuticle. Keratin eliminates frizz while providing external protection without using harsh chemicals. Results are instant and last up to 3 weeks.

ADD-ONS

LUXURY HAIR TREATMENT

70 min

AFRICAN STYLE FULL HEAD

45 - 60 min

RASTA HAIR EXTENSION WITH COTTON

180 - 300 min





SPA ETIQUETTE

The spa environment is one of tranquility and relaxation. Please respect the quiet time and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave valuables in your locker. The spa cannot assume liability for any valuables.

HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

SMOKING POLICY

No smoking is allowed inside the facilities.

SPA EXPERIENCE

To make the most of your spa experience and support the benefits of your treatment, we recommend that you arrive minimum 30 minutes before your scheduled time to enjoy our inviting wellness area. For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all treatments you will be properly covered to ensure your privacy.

SPA ATTIRE

Your secure locker contains a towel, robe and slippers. Kindly remove all jewelry and place in the locker. Out of respect for different cultures. All guests are requested to wear appropriate clothing and shoes in the Spa and Thermal facility.

PREGNANCY

Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician first.

PERSONAL ITEMS

Although every effort is made to ensure the safety of our guests' personal belongings, we regret that the Spa accepts no responsibility for damage or loss by means of theft, fire or any other cause whatsoever.

RESERVATION

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability.

MINIMUM AGE

Guests above the age of 16 are welcome in the Spa and Fitness area. Guest under the age of 16 must be accompanied by an adult when having a spa treatment.

SPA ETIQUETTE

GIFT CERTIFICATES

Our gift certificates make a wonderful present for any special occasion. Please call or personally enquire at the Spa reception for details and purchase, or directly buy online on our website.

SPA CARE PROFESSIONAL

RAA SPA powered by aviewa employs only the finest professionally accredited Spa care professionals. Continued education is assured through regular training programs.

THE PRODUCTS

We offer a number of internationally respected brands. Your Spa care professional will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.

